

Coaching Readiness Inventory

Please circle the number that comes closest to representing how true the statement is for you right now. Then, score yourself using the key at the bottom of the page. Your coach needs for you to be at a place in life where you are coachable. This test helps him and you discover how coachable you are, right now.

NOT TRUE				TRUE	STATEMENT
1	2	3	4	5	I believe I am capable of having a life and career I truly desire.
1	2	3	4	5	I am open to doing things in new and different ways to be successful.
1	2	3	4	5	I am known for my courage, loyalty, integrity, and work ethic.
1	2	3	4	5	I am an optimistic person.
1	2	3	4	5	I am completely accountable for the results I produce.
1	2	3	4	5	I have a clear view of where I am and where I want to go in life.
1	2	3	4	5	I work well with others.
1	2	3	4	5	I believe creating and sustain relationships build strength.
1	2	3	4	5	I live my life true to my values.
1	2	3	4	5	I am willing to take the lead on issues that are important to me.
1	2	3	4	5	I know I have unrealized potential.
1	2	3	4	5	I am able to work outside my comfort zone.
1	2	3	4	5	I have people in my life committed to my success.
1	2	3	4	5	I want a very high quality of life.
1	2	3	4	5	Producing quantifiable results is very important to me.
1	2	3	4	5	I am a reliable person.
1	2	3	4	5	Money is not the highest priority in my life.
1	2	3	4	5	I am strongly committed to my personal development.
1	2	3	4	5	I am able to bounce back from setbacks.
1	2	3	4	5	I am open to and welcome the contributions of others.

Scoring:

100-76 Excellent candidate for coaching; could see very good results.

75-51 Good candidate for coaching; could see good results.

50-26 Would benefit from coaching if willing to address hard issues; could see best results.

25-0 Not yet a good candidate for coaching; needs to address commitment to personal success.